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## AHNA Supports Mask Usage and Social Distancing for Self-Care During the COVID-19 Pandemic

On July 6, 2020 the American Nurses Association, American Medical Association and American Hospital Association issued a joint statement urging American citizens to wear masks and practice social distancing in order to reduce the swell of coronavirus/COVID-19 cases in the U.S.

The American Holistic Nurses Association supports and applauds this joint effort to gain the attention of the American people. With their cooperation we can reduce strain on healthcare workers, the hospitals that are reaching ICU capacity, and protect the health of the public.

"Registered Nurses are concerned about the well-being of all Americans during this pandemic and believe in promoting self-care by limiting face-to-face contact through mask usage and social distancing to reduce the spread of the coronavirus," said AHNA President Barry Gallison DNP, MPA, APRN, NEA-BC, CPHQ, AHN-BC

Dr. Anthony Fauci recently warned Congress that if we discontinue proper restrictions, handwashing, wearing masks and maintaining social distancing, the U.S. could see as many as 100,000 new coronavirus/COVID-19 cases daily.

## **About AHNA**

Founded in 1981, the American Holistic Nurses Association (AHNA) adopted as its primary mission, the advancement of holistic healthcare by increasing awareness and promoting education, as well as personal community-building among nurses, other healthcare professionals and the public. This nonprofit professional nursing specialty organization is the definitive voice for holistic nursing for registered nurses and other holistic healthcare professionals around the world. Holistic nursing focuses on integrating traditional, complementary and alternative treatment opportunities to improve the mind body and spiritual health of the whole person.

AHNA delivers valuable resources, improves educational tools, and offers superior networking opportunities to a vibrant and expanding universe of holistic healthcare professionals. AHNA currently services more than 5,500 members through 152 local chapters/networks in the U.S. and abroad. Holistic nursing is recognized by the American Nurses Association as an official nursing specialty with both a defined scope and standards of practice.

## For additional information, contact:

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